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Peer pressure-problems and solutions

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ABSTRACT

Psychological illness is common in an educational institution. Out of the different psychological illness, the peer pressure is common among students, teachers, administrators, etc. Peer pressure is the influence exerted by a peer group, encouraging individuals to change their attitudes, values, or behaviors in order to conform to group norms. A person affected by peer pressure may or may not want to belong to these groups. They may also recognize dissociative groups with which they would not wish to associate, and thus they behave adversely concerning that group's behaviors. Peer pressure can also have positive effects when people are pressured toward positive behavior, such as volunteering for charity or excelling in academics or athletics, by their peers. This present paper made an attempt to understand and overcome the peer pressure by the various tips stated in the subsequent paragraphs

Keywords : Peer Group, Peer Pressure, Goal, Settings, and Personality Development

Introduction

The term "Peer" refers to a group of people usually of similar age, background and social status, with whom a person associates and who are likely to influence the person's beliefs and behavior. The term "Peer Pressure" refers to the influence exerted by a peer group in encouraging a person to change his or her attitudes, values, or behavior in order to conform to group norms. It is the influence that the peer can have on each other. The process is peculiar as it influences people to do things that may be resistant to or might not otherwise choose to do. Bill Treasure in his "Right Risk" suggests that "Peer pressure has many redeeming qualities. It is the pressure of our peers, after all, that gives us the support to try things we otherwise wouldn't have". Peer pressure could be both positive and negative experience to the individual. On the positive side we can list the Academic accomplishments, financial development, family settlement, personal and social hygiene, spiritual commitments, a feel of citizenship, personal and social achievements in any field of profession or interest. On the negative part, we would take the socially undesirable behaviors such as experimentation with alcohol and drug use, sexual behavior, addiction to unhealthy habits, psychiatric behavior and so on.

Sources of Peer Pressure

From unicellular organism to the blue whales, all the creatures have their own peers. We, the homo-sapiens are possessing sixth sense and are analyzing the term peer pressure. The following is a simple list of victims of peer pressure:

1. Students in school, college or even research.
2. Professionals of both the gender and various levels in IT, Research, Teaching, Administration, Politics, Government or private institutions or even sports and culture.
3. Administrators or Business Chiefs: The heads of various important offices, who are among hectic competition as the list goes on and we shall conclude, in total that all the human lives are blessed to face the peer pressure in one form or the other.
4. House wives held up in combined family or in isolated family setup.

Five "Un - Factor" of Peer Pressure:

When we perceived peer pressure as negative, the charm

for discussion generally reaches peak. The following are the major causes of the negative peer pressure.

1. Un-Recognized Self Worth: What's my worth? What is my ability? What are all my strengths? These are some questions which are not answered by people suffering from low self esteem. Underestimating ones own abilities makes people of any group vulnerable to assume peer as pressure.
2. Un-Clear Goals: People without destiny find themselves under stress and gradually start finding themselves under stress. This leads to their inefficiency. The inefficiency further leads to presume peer as pressure.
3. Un-Planned Hours: When a person is unable to plan his hours, he not only ruins his life but makes close-by worrisome. When people reflect this on them, that paves a sure shot way for peer pressure.
4. Un-Known Values & Ethics: One must know his own priorities and he/she must be rigid in his values & ethics. If it is not possible it leads to peer pressure.
5. Un-Identified Skills: If one does not know the answer for the question who is my peers? With whom I can associate? What are my skills?, he would be in a unfavorable environment who cannot establish positive peer group which result in peer pressure.

Solutions to overcome peer pressure

The peer pressure always has its own unique features. The tips to overcome some peer pressure are discussed and presented in the following paragraph.

Students:

The major population of the human community is the studentship community. They are always with their peers and are the most prone species to negative peer pressure. The following are some of the tips for students to convert and also to avoid negative peer pressure.

i) Clear Goal Setting

John F.Kennedy was one of the efficient and popular presidents America. He used to spend time with the visitors, especially school children. Among the students, was a bright boy to whom, the president asked about his ambition? The

boy immediately answered that he wants to stay in the place where President Kennedy is now. The boy was none other than Bill Clinton.

Setting clear goals, having definite ambitions, provide the children a path for their travel. When one has attained a clear path he would never have the negative peer pressure as he would be very clear about his peer and the duration and situations to be in the company of the peers.

ii) Effective Personality Development

"The quality of person is decided by the quality of the thoughts when he/she is left all alone"

Swami Vivekananda

Now he/she must answer what in the quality of the thought? Is it positive or negative?

Having clear about the answers, the student must work accordingly. The student shall approach elders in case he/she is unable to decide. When a lad is clear in this task, it is definite that he would cross any social or psychological esteem or even financial constraints. Thus, he would assemble his own peer and it would be a pleasure for him and not a pressure.

Professionals:

Everyone in this world has to find a means for his survival. He/she must go for a job (most of the population) and earn their livelihood. At the working paces he/she has to spend most of the time, of course with the peers. Hence it's a must to tackle the negative peer pressure if so. Here some tips are explained to tackle them.

i) Matching Personal Skills and Professional interests:

The then employment director for a major oil company, Bernard Cogs ton, having interviewed more than sixty thousand job seekers, has written in his book entitled "6 ways to get a job" that the biggest mistake people make in applying for jobs is in not being themselves. Instead of taking their hair down and being completely frank, they often try to give the answers that they think the interviewers want. But it doesn't work, as nobody wants a phony and nobody even wants a counterfeit.

When Charlie Chaplin started making films, the director insisted on Chaplin imitating a popular German comedian of that day and forced to avoid such imitations. Charlie Chaplin got nowhere until he acted himself.

Indian Nobel laureate Sir C.V. Raman was not successful as a clerk, but when he started transferring his time and energy towards research, his success was boundless.

It is for better or for worse; one must play his own little instrument in the life of orchestra. To be successful without negative peer pressure, one must choose a profession that matches the skills and the interests of the individual.

ii) Regular Working Habits

Here is a story of a doctor and a patient. The patient used to lead a very hectic life; he wanted to do everything for and by himself. Though he takes his files to home to complete he couldn't complete. The result was that one day he broke down due to mental tension and peer pressure for incompetent to work effectively in office. So the patient approached the doctor for his rescue.

The doctor gave his prescription to take off at least two hours every day from his hectic schedule and go for long walks and one more task to spend at least half a day every week in a graveyard.

The patient got puzzled and asked for an explanation of such a prescription. The doctor gave the explanation that in the graveyard you would see people buried, were like you before they died working very hard every day all through their lives thinking that the entire world rests on their shoulders. The doctor added the patient to realize the fact that even if a person leading a hectic life dies, the world goes on as before. The patient after that started leading a balanced interested and peaceful life.

Efficient councilors have come out with four good working habits as:

- i. Clear your desk of all papers except those relating to the immediate problem at hand.
- ii. Do things in the order of their importance.
- iii. When you face a problem solve it then and there.
- iv. Learning to organize, Deputized and Supervise.

Many business persons are driving themselves to premature graves because of lacking the four habits. Once an employee masters them, he is sure of overcoming negative peer pressure.

Being a perfect professional in the office hours, allotting time for family members, for joy and friendship and happiness, converts the peer pressure into peer pleasure.

Administrators & Industrialists:

Almost every field today is highly competitive and challenging with the employees being subjected to exhausting workloads and strenuous working hours. To stay at the top position or to reach it by avoiding negative peer pressure with their peers, the administrators or industrialists shall adhere to the following two steps:

i) Improving Employment Interviews And Recruiting The Right Candidates:

You being under pressure or pleasure depend also on the candidates you recruit. The decisions taken by the industrialists are to be carried only by the employees. Interview must focus on the objective skills of the candidate and must also test the responsive capacities, knowledge and ability to take decisions and work in a team amongst others. The candidates must also be looked for their personality profiles, behavior analysis, stress management capabilities and individualistic potential. Thus, doing so, among the peers the chief shall keep abreast throughout and avoid negative peer pressure.

ii) Deep Knowledge of Creativity:

Knowledge is the backbone for achievement. Achievement is the antidote for negative peer pressure. The chiefs must update their knowledge to retain their top position. A beautiful blend of knowledge and creativity lead to excellent results. Updating in the domain is the key to success. Thus success helps feel peer as pleasure in the sector of educational administration too.

Conclusion

The main consequence of saying no to negative peer pressure is not just withstanding the heat of the moment as most adults think. Rather, it is coping with a sense of exclusion as others engage in the behavior and leave the adolescent increasingly alone. It is the loss of the shared experience. Further, the sense of excision remains whenever the group later recounts what happened. The feeling of loneliness then becomes pervasive but carries an easy solution –go along with the crowd.- Michael Rieva in the book 'Uncommon sense for parents with teenagers'. So let us tackle the peer pressure intelligently, earnestly, convert the negative peer pressure to positive one and lead a successful, meaningful and a happier life.

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